

ABSTRACT OF THE DISCLOSURE

There is provided an optical module capable of improving assembling efficiency and reducing the number of parts to reduce production costs, and an
5 optical connector having the same. The optical module has a holder 3, a lens 12 and a diffraction grating 13 for damping the quantity of light. The holder 3, the lens 12 and the diffraction grating 13 are formed of a resin material so as to be
10 integrated with each other. The diffracting grating 13 is designed to prevent high-order diffracted light beams from being coupled with an optical fiber 8.